

## Venison recipes

By William Shepherd

**C**ooking wild game isn't as simple as preparing domesticated meat. Hunters don't have the option of hand picking tender cuts from the local supermarket.

For instance, deciding which way to cook venison is as integral to successful cooking as is the actual preparation. Venison doesn't have any inner marbling fat to baste the meat while it's cooking, so it can easily be overcooked. Meat of this density should be cooked medium-rare, that is, brown on the outside, pale red in the middle. Cooked this way, most venison will be tender and juicy and have a meaty flavor. The same cut of venison, if cooked well-done, will be evenly browned from the outside to the center, but it will also be dry, tough, and flavorless.

Many people will wince at the idea of medium-rare venison, simply because they have been brainwashed for years by people telling them that it's not safe to eat venison unless it's fully cooked. Where this idea originated I have no idea, but it's simply a myth.

The key to cooking venison is suitable cooking methods. Just remember, venison is naturally lean, so tenderizing is often necessary. One of the best methods is marinating with milk, wine, and citrus juices. Overnight marinades tenderize and leave a very distinctive taste that will flatter the venison's flavor.

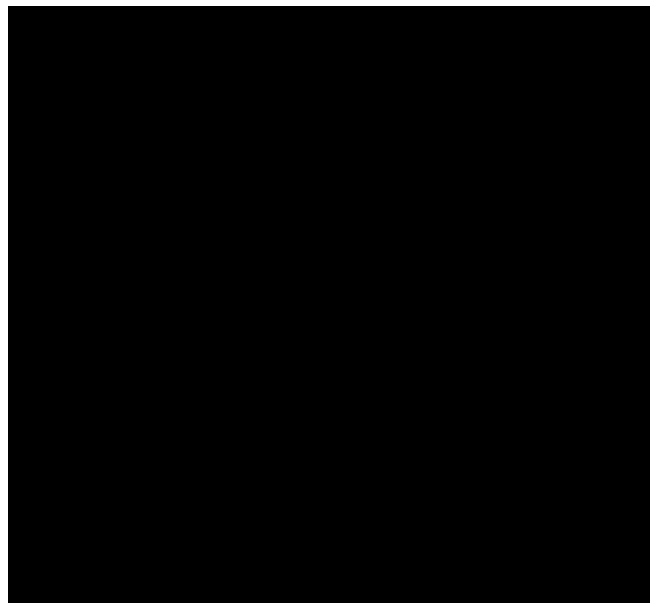
### Braised peppersteak

#### Ingredients

1½ pounds venison steak shoulder or round steak  
2 Tbsp cooking oil  
1 4-oz can mushrooms  
1 cup water  
1 beef bouillon cube  
2 Tbsp soy sauce  
1 Tbsp sugar  
¼ tsp garlic salt  
¼ tsp pepper  
1 green pepper, cut in strips  
1½ Tbsp flour  
¼ cup water

Marinate meat overnight, remove from refrigerator, cut steak into ¼" thick strips, brown meat in cooking oil. Add mushrooms, one cup water, bouillon cube, soy sauce, sugar, garlic salt, and pepper. Cover and cook five minutes. Add

green pepper strips, cover, and cook an additional three minutes. Mix flour and ¼ cup water, add to skillet and stir until thickened. Serve over noodles or rice. Serves 4.



### Crown roast of venison

#### Ingredients

1 venison roast, about 4 lb  
½ tsp garlic salt  
1/8 tsp pepper  
½ lb bulk pork sausage  
20 oz can apple slices with juice  
1/3 cup apple cider  
10 slices bread, dried and cut into ½" cubes  
2 Tbsp raisins  
¾ tsp cinnamon  
½ tsp cardamom  
¼ tsp allspice

Mix garlic salt and pepper together, rub mixture into all sides of the roast. Place roast in covered roasting pan. Cook sausage in skillet until brown, drain excess grease. Combine next eight ingredients with sausage, stirring enough to moisten bread. Pour this mixture over roast; cover with lid. Insert meat thermometer into center of roast. Bake at 325° for two to three hours or until meat thermometer reads 135° to 140°. Time will vary. Garnish with cranberry sauce.

## Venison pan fried steak

### Ingredients

4 steaks, sirloin or rib, 1/4" thick  
3 Tbsp butter or margarine  
4 medium onions, sliced thin  
4 green peppers, sliced thin  
2 Tbsp Parmesan cheese  
1 cup mozzarella cheese, grated  
1/2 tsp garlic  
1/4 tsp black pepper

Place butter or margarine in large heavy skillet, turn heat to medium. Add onions and green peppers, saute until tender. While onion mixture is cooking, combine remaining ingredients in small bowl. Remove cooked onion mixture from skillet; set aside. Add steaks to skillet. Fry one minute each side, turn heat to medium low. Spread onion and cheese mixture evenly over steaks. Cover and cook until cheese is melted. Serve hot on fresh bread. Serves 4.

## Fried finger steaks

### Ingredients

1 pound 1 1/2" boneless venison steaks cut from the round sirloin or backstrap  
1 tsp lemon-pepper seasoning  
1/2 tsp salt  
1/2 cup buttermilk  
1 egg  
1 cup all-purpose flour  
3/4 cup vegetable oil or shortening

Marinate meat overnight in lemon juice. Remove from refrigerator and sprinkle with lemon-pepper seasoning and salt. Cut into strips. Mix buttermilk and egg in small bowl. Dip strips in mixture and dredge in flour. Preheat iron skillet, add vegetable oil or shortening and brown steaks on both sides. Serves 3 to 4.

## Broiled tenderloin

### Ingredients

2 whole venison tenderloins, about 1 1/4 lb each steak.  
1 1/4 tsp garlic salt  
1/2 tsp pepper  
2 Tbsp soy sauce  
1 Tbsp ketchup  
1 Tbsp vegetable oil  
1/4 tsp crushed oregano

Mix all ingredients except tenderloins in large container. Add meat, cover, and marinate four hours in refrigerator. Remove tenderloins from marinade. Briefly sear both sides over hot coals or under broiler. Continue broiling until desired doneness is obtained. Remove from heat, slice thinly and serve while hot. Serves 4 to 6.

## Pan broiled chops

### Ingredients

6 venison rib chops  
2 Tbsp bacon fat  
3 medium onions, sliced  
1 1/2 pounds fresh mushrooms, sliced  
1/3 cup all-purpose flour  
1 cup beef stock  
1 cup milk  
1/2 tsp salt  
1/4 tsp pepper

Lightly brown chops on both sides in bacon fat, using iron skillet over moderately high heat. Transfer chops to shallow pan; retain drippings in skillet. Broil chops at high heat five inches below heating element. Turn and broil till medium-rare. In the drippings in skillet, gently cook onions and mushrooms until lightly browned. Blend flour, stock, milk, salt, and pepper. Add to pan. Cook, stirring constantly until thickened and bubbly, about four minutes. Serve onion and mushroom sauce over chops while both are hot. Δ